An Hospitall for the diseased.

Wherein are to bee founde most excellent and approued
Receiptes, aswell Emplaisters of speciall vertue, as
also notable potions or drinkes, and other
comfortable receiptes, both for the
restitution and the pre-
seruation of bodely
health.

Very necessary for this time of common
Plague and mortalitie, and
for other times when
occasion shall
require.

With a newe addition.

Gathered by T. C.

ECCLESIAS. 38.

The Lord hath created medicine of the earth,
and he that is wyse will not abhorre it.

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1579

Edward fisheock

To all such Readers as haue care of their bodely health.

HOwe prouident a Patrone, and bountifull a father, the Lorde of life is vnto vs vnthankfull and rebellious children, his manifolde benefites, doe testifie: Yea, the continuaunce of his kindnesse is herein principally declared. For whereas our owne naturall corruption, worketh daylye in vs the banishment out of his fauour, and the daunger of rebrobation: He notwithstanding, in consideration of our weakenesse, with drayweth not his compassion from vs, but in all our necessities, reaching out his helping hand vnto vs, is moste readie (as he is alwayes able) to plucke vs out of the pitte of perdition, whereinto the hainousnesse of our transgressions (as it were with a gable,) haleth vs perforce. O gracious God, howe shall sinners worthily auaunce the excellencie of thy loue? Who shall giue them an heart to conceiue thy kindnesse? Whence shall they haue vtterance to sounde out thy mercye? Of themselues (because they are vessels of wrath) they cannot compasse so perfecte a worke: thou therefore which art the perpetuall spring of all goodnesse, giue it them: O giue it them, and they shall haue it: yea and in the hauing of it, they shall magnifie thy name, extoll thy power, and maruaile at thy mercye. Where is one, among thousand thousandes, that looking vppon the Heauens, most gloriously beautified: vppon the earth, most plentifully enriched, vppon the frame of his owne bodie, most Angelically created: but shall of compulsion acknowledge the omnipotencie of God, and, confesse the vnmeasurable greatnesse of his goodnesse, and loue towarde man? The Heauen, to maintaine lyfe and light: the Earth, to succoure and sustaine Nature: all creatures, liuing in lande or water, to supple hys

wances

wantes: nothing to bee reckoned and named, which he hath not most liberally giuen vnto man, as appointing him Lorde and soueraigne, but them his vassales and seruauntes. Against hunger, leaste thou shouldest famishe, hee hath prouided nourishment. Against thirste, least thou shouldest perish, he hath ordeyned sauourie liquors. Against colde, leaste thou shouldest dye in thy nakednesse, hee hath giuen thee cloathing. And what hath he done beside? Hath he not had speciall regard to thy condition and estate: I meane to the health of thy body, and the safety of thy soule? Yes, yes: and that is euidently proued by the manifolde remedies which he hath prepared to restore thee to soundnesse of lymme and life, and by the free course of the pearle of hys Gospell, which is the Jewell of all Christian ioye. In consideration of these so many good graces of God, what doth Christian duetye require? (I speake to all, vnto whose veiwe and censure this preface shall bee presented.) Let them take the sweete Sacrifice of thankfulnesse, and burne the same vppon the alter of an humble heart, that the redolent and perfumed incense of the same ascending vp into heauen, may smell sweete in his nostriles, whose speciall delighte is in such a burnt offring and oblacion. Thus much haue I sayde by way of aduertisement, vpon occasion of thys present booke, whose benifits as they are diuers, so are they singuler: and in them all is Gods goodnesse highly commended. Note my wordes, and then iudge of the value and worthines of the booke. Art thou diseased in thy head? Art thou greeued in thy heart? Art thou payned with ache? Art thou tormented with a feuer? Art thou wounded? Art thou troubled with any yrkesome sore? Doth thy sight fayle? Doth thy hearing waxe weake? Doth thy youth weare away? Doth age creepe on a pace? Finally, dost thou feele thy selfe infected with the poyson of the plague & pestilence? Then delay no time, but with a

small price buy a gemme worth golde, (this booke I meane) which though it be little in quantitye, yet it is great in quality and vertue. Here (as in a cunning Apothecaries shoppe) are receiptes of sundrye sortes prouided, wherewith the rage of any sore may be mitigated, the nipping smart of any vlcere or wound allwagged, the venome of any malady expelled: and the perfection of helth restored. Thus much in breefe, by a souden bluch iudge of the rest, esteeme it as it is, a necessary implement, for any houlholder, yea in the next degree to our dayly foode and nourishment to be esteemed. Thanke God for it, and vse it in thy neede. Here thou hast succour to serue thee in thy sicknesse.

Thus farwell in Christ. T. C.

A preseruatiue against the Plague.

TAke a handfull of Sage, a handfull of herbe Grace, otherwise called Rewe, a handfull of Elder leaues, a handfull of redde Bramble leaues, & stampe them togeather, and straine them through a cloath with a quart of whit Wine: then take a quantitie of Ginger, and mingle with them altogeather, and drinke thereof euening and morning, a spoonfull ix. dayes togeather.

For the party infected with the Plague.

IF it do fortune one to be sicke of the Plague before he haue wonne the foresayd medicine, then take the water of Scabious a spoonful, water of Betany like much, and a quantitie of fine Treacle, put it togeather, and drinke it, and it will expell all the venome.

A medicine to breake the Botch.

IF it fortune the Botch to appeare, then take Bramble leaues, Elder leaues, Mustard seede, and stampe them all togeather, and then take of it and make a playster and lay it to the sore, and it will drawe out all the venom.

A medicine for the Plague.

TAke three slipps of herbe Grace, and vi. spoonefuls of Vineger, and beate the same together, then straine the iuice out thereof, and put thereunto one ounce of fine Treacle, and one ounce of Sugar, and sturre it together, then sette it ouer the fire, and make thereof a syrop, and put it in a boxe close. Then take a Sage leafe, and euerye morning fasting spreade as muche as a Beane thereof vppon the same leafe, and so eate it. And if hee that taketh it, bee infected, it will driue it from his heart, and if the partye that taketh it euening, and morning be not infected, it will preserue him within xviiii. houres after.

A playster to drawe the sore.

TAke one spoonefull of hony, the iuice of spurge, two spoonefulles and a halfe of wheaten flower, a good quantitie, and one spoonefull of Turpentine, and temper these together, without fire, and make of the same a playster, and lay it to the sore, changing it at euery xviiii. houres.

A good medicine against the plague approued.

AMongst other excellent and approued medicines, for the pestilence, there is none more worthy & available when the sore doth appeare, then take a Cocke pullet or chicken, & let the fethers of the tayle of highest part bee plucked off till the rumpe bee bare, then holde the tayde bare of the pullet to the sore, and the pullet will

gape

gape and labour for life, and in the end will dye: then haue an other pullet, and doe the like to the patient, & if that dye, yet still applye the patient with pullets, so long as any doe dye: for when the poyson by the sayd chickens is drawen forth, the sayd chickens that be offered thereunto will liue, then the sore presently will swage, and the parye forthwith recouereth: this medicine is necessarye to drive the venom from the heart.

A soueraigne drinke against the pestilence.

Take one ounce of Sorrell water, and as much Dragon water, a dramme of Treacle, and put thereto a dramme and a halfe of pouder imperiall, and geue it to the patient with Ale within xviiii. houres after hee is infected, and hee shal with Gods grace escape and do well.

A playster to draw a hed to the sore of the plague, and to breake it.

Take two Lyllie rootes, one handfull of flower powe, two handfuls of Mallowes, one handfull of linseede, stampe all these together small, and boyle it in a quarte of the lees of wine till it be thicke, then laye it an inche thicke upon leather, broder then the sore, and let the borders of the leather be plastered with coardies ware, to make it cleane, it shall bring out the botch in xii. houres and breake it shortly.

A medicine that was taught king Henrie the seuenth by his phisition against the pestilence.

TAke halfe a handfull of Rewe, likewise of Mandragories, Fetherfewe, Sorrell, Burnet, and a quantitie of the croppes and rootes of Dragons, wash them cleane, and seeth them with a soft fire in running water, from a pottle to a quart, and then straine them together throughe a cleane cloth, and if it bee bitter, put thereto a quantitie of Sugar Candie, or of other Sugar, & if this medicine be vsed before the purples doe arise, ye shalbe whole by Gods grace.

A medicine to be dronke, suspecting any to haue the Plague.

TAke a greate Onion, and the core being taken out, fill the same full of good Treacle of Gene, and wrap the same in a paper, and rost it till it be soft, then straine the same with a little Wine vineger, and being tempered with a quantity of Sugar, giue the patient to drinke two spoonefulles fasting, and if the patient bee infected with the plague, you shall perceiue the appearance thereof, within fiue houres after the receipt of the same drinke.

Also for the vsuall drinke of euery patient being so infected.

TAke of Rosemarye the quantitie of eyght or nine croppes, then take of Marigolds beeing browne within, of Burnet, and of Burrage euery one a handfull thereof, let them bee sodde in a quarte of stale Ale clarified, then put into it a crust of breade, a little whole Mace, and a quantity of Sugar, and let him drinke the same at all times during his sicknesse, and put Pympernell in his broath.

Also

Alſo an other drinke to be taken euery morning, for a preſeruatiue againſt the Plage, and for the auoyding of infection.

TAke Sauery the quantitye of a handfull, and boyle the ſame in a quarte of good Wine vineger, with a ſpooneful of Graynes being beaten, & put into the ſame: then drinke the ſame with a quantitye of Sugar, euerye morning faſting.

A good medicine againſt the Plague.

TAke of Betony water the quantitie of three ſpoonefulls, of good Wine vineger, the quantitie of three ſpoonefulls, and the quantitye of a Nutmegge of good Treacle of Gene, or els the quantitye of a Hazell Nutte of Metridatum, being all mixed togeather, take it in the beginning of your ſickneſſe.

For the Plague.

TAke in the morning faſting one drie Figge, one Walnut, & foure or five leaues of Rewe, chopped altogether, and eate them, and afterwardes drinke a cup of wine, if it be a Woman with childe, leaue out the Rewe.

For the Plague.

TAke an ounce of the leaues of Rewe, halfe an ounce of good Figs, an ounce of Jeneper berries, two ounces of Walnuts pycked, foure ounces of Vineger, and a good quantity of Saffrone, ſtampe all the foreſayd

things togeather, and reserue them in an earthen pot or a glasse, fast stopped, that no aire issue out, whereof if ye receiue in the morning vppon a knives poynte the quantitie of a Beane or more, ye shall bee sure by the grace of God not to be infected within foure and twenty houres after.

A medicine for the Plague or Leprosie.

Take herbe Grace, Southernwoode, Mugwort, Wormewood, of each a handful: three or foure handfulls of Jeneper berryes, these which be blacke, cut and shred the herbes small, and put them in a flaunders pipkine, and power thereto foure quartes of good white wine Vineger, & let the soke a seuen nights if the herbes be drie: if they be greene, let them soke not aboue fiue houres, then put a handfull or two of those herbes which be in the pipkine into the still, and then take oute a quart of the same Vineger, and power it into the still vpon the herbes, and distill it with a pretye soft fire, for to greate a fire will waste it awaye, and so still it vntill you haue stilled all, from the pipkine into the stillatorie, and after this pouze it into the pypkine againe, and put as many newe and freshe herbes with so many berries as you had before into the pipkine again, and so let thē soke one other seuennighte, & then still them againe as you did before, and so the third time to be vsed with newe herbes, &c. in the same manner as beefore, and at the last time, put foure ounces of Metredatum into the pipkine, amongst the herbes, or els fiue or sixe ounces of Treacle in place of the Metredatum, for want thereof, and then beeing stilled as before, put the same into a double glasse, and stoppe it, with a peece of leather bound about it, and if the party be in-

fected

fected, let him take thereof four ounces at one time: and if neede bee, you may giue him so much for two or three dayes as you see cause, and to a woman but two ounces, and to children according to their age, and as they be able to beare it: and so sweate two or three houres or longer if the party may indure, and let one stande by always to wype theyre faces, lest by putting out theyr hands they take colde, &c. when all this is three times vsed it will not amount to a boue, three or foure quartes.

An oyle for all manner of aches, bruses and streinings of the sinewes.

Take a pottle of Nets feete oyle, a quarte of an Ope gall, a pint of *Aqua Vitæ*, a pint of rose water, Bayleaues, Rosemarie stripped from the stalkes: Strawbury leaues, rootes, and stringes: Lauender Cotton, of euerye of these a handfull, beate them small, and put them into the foresayd stuffe, and seeth it ouer a fire of Coles, in a pan of two gallons, and at your owne perill let not the flame touch the stuffe: let it seeth verye well, & then take it off and let it stand vntell it be almost coulde, then straine it through a course linnen cloath, but not the bottome of the said licour: then put it in a glasse and so keepe it, and when you are pained, annoint your greefe withall.

For an ache.

Take *Aqua compositæ*, and the oyle of Nets feete luke warme, and annoint the patient vppon the place, of the greefe laying warme clothes thereon

A medicine for an ache, or shrinking of Synewes.

TAke the tenderings of Rosemary, & Marthe, Mallowes, by as euen portions as you can gesse, gather your hearbes when they be dye, from raine and dewe, pound them in a morter very smale, then take May butter well clarified, and put it to the hearbes, and mingle it in a vesell, and let it stand foure dayes, then set it ouer the fire, and let it seeth till the strength of the hearbes be gone, then take a little of it in a spoone and let it droppe vpon thy nayle, and if it be greene as the Emerald, it is perfect: and then put it in an earthen pot, and when you will occupy it, you must warme it.

A medicine for an ache.

TAke Parsely, and Mormewood, of each a handfull, and seeth them in a quarte of Ale, with a quantity of sweete butter, and washe well the place therewith that aches, and also bind the hearbes to the place, as hotte as you may suffer it.

A proued oyntment for aches.

STampe Smallage, and put to it Aqua Vita, and straine it, then put thereto Boyes greace, and styrre them well together, and annoynte the patient, before the fire therewith euening and morening.

A medicine for an ache in any place.

Take

TAke Sowthiſſe, Chickweede, Elder leaues, Grounſell, and Cleuers, of each a handfull, dryue all theſe together betweene two tyles, and then lay theſe herbes to the place where the griefe is, let the partes be waſhed before they be layed.

A medicine for a blinde ſore.

TAke Iuice of Smallage of Spowell, of Tansey, of each alyke much, take Honie, and the white of an Egge, of eyther like muche, and mingle them together till it thicke, let it ſeethe neere no fire, but all rawe, and cold lay it to the ſore.

For aches and ſwellinges in the knees.

TAke a quarte of Paineſey, and a handfull of time, boyle them together, and when tis halfe ſodden, put in a good peece of freſhe butter, and let them boyle greather, from a quarte to a pinte, when you go to bed bath your knees well therewith, and wet a cloath three or foure times double therein, and lape it to your knees, as hot as you can ſuffer all night, and vſe this ſixe or ſeuen times, and it will vndoubtedly helpe you.

For a Sciatica or Ache.

TAke the iuice of Nettles, freſhe, and Salte, and annointe the ſame place where the paine is, then take wolle newly plucked from the ſheepes backe, and lay thereon, and wrap it well with warme clothes.

A plaie

Take as much stone pitch as the value of a Tennis ball, and as much full of Saure, and a peny worth of Treacle and Roten, to the value of a Tennis ball, and a spoonefull of Honye, boyle it ouer the fire in a little Kettle, and stirre it all together till it be well melted, then take a newe sheepes skinne, and make holes in it with a knife, and spredde the medicine on the fleshye syde of the skinne, and lay it to the necke as hote as you may [illegible]

For an Ague.

TAke Burre rootes, and red Nettle croppes, and seth them in stale Ale, and clarifie it, and giue the sicke, thereof to drinke about such time as the colde beginneth to come, & after the heat be past. When you see that he beginneth to sweat, cause him to drinke pot of Ale, made with Mercurie, and smell, and let the potter Ale be well clarified, for this medicine is so it will take away the Ague [illegible]

TAke a handfull of Bay leaues, a handfull and more of red Sage, and seeth the same in a pottle of stale Ale to a quart, and the same being strained, let the patient, being in bed, drinke thereof a good draught being [illegible] come.

A good medicine for an Ague the Ingredi-

tidian or Quarten.

Take

Take a Shallage, and of Feuerfowe, of either of them the quantity of a hand full, shrape them and straine them, and then take halfe so muche as the iuice of the same is, of smal ale, and being mixt together, drinke it warme a little before the fits that the fit shall come, that is to saye when you perceiue any grudging. This must be dronke three seuerall times, the patient going to bed vpon the paroxisme.

Take a quantite of Violet leaues, a certaine of Betanye leaues, [illegible] running water, to a quarte, then straine the herbes: then take Almons, Monke Mustard, and Colwebbes, and Salt, and beat it altogether in a morter, and lay it to the left arme of the sicke, and it will take awaye the heate of the Ague.

A medicine for a quartern Ague and for the Feuer ague.

Take Sooppe and yolkes of Eggs, and Parsley, and put them together, and let them stande one night, and then straine it in the Milke and Creame, and temper them together, and let them stande in one night, and put them in a platte, and let it stande in the Ouen, and when it is baked, eate it for your breakefast, and drinke a little ale, and it will driue away the Ague, and drinke after it shall quenche the heate of the Ague, and drinke after it shall quenche the heate of the Ague.

Drinke and pottage in an Ague.

Make your potage, & polled ale, & Almõ milk, & these herbes following, Sinkefoile, Sauge, and Betonie, and Sugar,

Bugloſſe, Endiue, Burrage, Sorrell, Lettice, and Fenell rootes, and Parſeley rootes, greate Reasons, and Prewens.

A medicine for the drought in an Ague.

TAke a quantitie of Burrage, a quantitye of Sorrell, a certaine of Violet leaues, a certaine of Strawburye leaues, ſeeth them in a pottle of fraire running water, to a quarte, then ſtraine the hearbes: then take Almons, and blanche them, beate them and ſtraine them with the ſame water: and put Sugar therein, and drinke it warme.

A medicine for a quarten Ague and for the drought.

TAke a pinte of good red wine, and a pottle of water of Wilbe of a handfull of the toppes of the ſame hearbes, ſtripe it into the Wilke and Wine, and temper them together, and let them ſtande ſo one nighte, and put them in a faire ſtil and ſtil them with a ſoft fire, and take the water and put it in a faire glaſſe, and ſet it in the ſun, ſo many nights as you ſhoulde ſtande, and let him in his ague drinke thereof, three or foure times, and he ſhalbe rid of his ague, and his drinke ſhall quenche his drought.

A medicine againſt the Quarten

MAke your pottage of poſſet ale, & ſtrong milk, to thele hearbes, of each a handfull, beate theſe to gethers, and lay

lay it to the ſoles of your feete, before the quarten fitte doth come.

A medicine for the cold in a feuer.

TAke Camemel and Mogrewood, and ſeeth them in a quart of Ale till halfe be conſumed, and giue it the patient firſt and laſt.

A medicine againſt the hote Feuer.

TAke a pottle of ſtale Ale, and a bottome of a ſtale white lofe, and a handfull of ſinkfoyle, a handfull of Centorie, Treacle, and Vineger of each a ſpoonefull, a ſcore whole Pyces, and Sugar Candis, as much as thou ſeeſt; and ſeeth thaſe vntill halfe bee conſumed, and ſtraine it from the herbes, and giue it to the patient to drinke, and none other drinke during his heate, and as much thereof as he will, and it helpeth.

For the Ague.

TAke two or three cloues of Garlike and hauſe them, and a pennyworth of *Aqua Vite*, halfe a pint of Ale, beate them together, and drinke it a little before the fitte come, as ſoone as you may.

Againſt the corrupt Ague.

TAke Bittanie, Centorie, and Egremonie of each a handfull, and ſtampe them and ſtraine them with Ale and with a licoras ſticke hauſed, and then boyle it and clarifie it, and make it pleaſant with Sugar, and

drinke thereof euerye morning bloude warme three spoonefulles, three or four dayes.

To make a man haue an appetite to his meate.

SEeth Centorie in faire cleane water, and let the sicke drinke it luke warme, fasting three dayes, each day, nine spoonefulles, and he shall be whole, for this purifieth the stomake and brest also.

A good comfortable powder to disgest well, and many other good properties.

TAke Pellitorie of Spaine, Centary, Annis, Licoras, Graines of Paradise, Ginger, Setuarie, of euerie like much beaten & searced into fine powder, and drinke thereof morning and euening, halfe a spoonefull in wine or ale.

To make hypocras for a weake

TAke a pint of *Aqua Vitæ*, and put it in a glasse, then take two ounces of Synamum, and one ounce of Ginger, two pinkumpin, Cloues, two penniworth of Graines, one of Nutmegges, and beate them all together to grosse pouder, and put them all into the glasse to the *Aqua Vitæ*, and shake it euery day often, nine dayes together, and then drinke it with wine or ale, halfe a spoonefull in a quarter with halfe a pint of ale.

A medicine to clense the backe and to purge the raines.

TAke one Fenell roote, and two Parsely rootes, and picke out the pithes of them, and take thereto one handfull of Pelatoyre of the Wall, and all these beeing washed cleane, seeth in posset ale, & drinke thereof when you goe to bed, and if you wake at midnighte drinke you also.

A medicine for paine in the backe, and for the heate in the backe.

TAke Rose water, and put thereto Saunders and Rose leaues, and laye them in steepe in your Rose water one whole night, then washe your backe with the same, and it will take away the heate and greatlye comfort the raines.

For paine in the backe.

TAke Sedge, Rosemary, Camimell, and Wandelin, of each of them a handfull, then pounde them together, and frye them in May Butter, and annoynt your backe with it warme.

A medicine for the raines of the backe.

TAke halfe an ounce of Turpentine of Venice, and let it bee well washed in Plantine Water, or in Rose Water, and then mixe it with fine whyte Sugar, and make thereof foure or fiue Balles, whiche you muste eate three in a morning fasting

and dayly drinke a little white wine, or reuish wine immediatly after.

To drive out a paine or griping in the belley.

TAke Sothernwood, and lay it against the place on the contrarie side where the torment is, and it will drive it out: and if it be layd to the nauell, it will drive away the paine.

For the byting of any venomous beaste.

TAke Plantine and drinke the iuice thereof, and take Plantine and Saldine, of each like much, stampe them and temper them with fresh pisse, and laye to the sore, and it will asswage the swelling, and driue out the venom.

A medicine for the byting of a mad Dogge.

TAke a good handfull of Betanye, and a handfull of white Sage, a handfull of nipte shaue grasse running water a pinte, the herbes being stamped and strayned therewith, and put thereto a penniworth of Treacle, and giue it to the patient to drinke, two or three mornings.

A medicine to stop bleeding.

TAke Shepherds purse, greene Rose, and rough Fennell, and stampe and straine them, and drinke them many

A medicine to stop bleeding.

TAke *Bursa pastoris*, Plantine, and Isop, of eace of them like much, and bruse them in a morter, and warme them as hote as you can against the fire, and lay them to the nose of him that bleedeth, and binde some of the hearbes to his temples as hote as hee can suffer them.

An other medicine for the same.

TAke an olde cleane linnen cloath, and wet it well in Vineger, then burne it to powder: then take the powder thereof, and if it bee a wounde cast it therein, and it will stoppe the bleeding immediatlye: but if the nose bleede, then snuffe vp the foresayde powder into thy nose, and it will stint bleeding.

A nother for the same.

TAke a Toade and dryeh im in the Sunne very dry, then put him in a linnen bagge, and hang him aboute your necke with a string, so lowe, that it may touche your breste on the left side neere vnto your hearte, and commonly it stayeth all kinde of bleeding at the mouth, nose, or wound.

A nother to stop bloud.

If your nose doe bleede vnmeasurably, then tye your middle finger very hard about the lower ioynt, and for the most part it sayleth not, but stayeth the same.

For spitting of bloud.

Take the iuice of Betony, and temper it with Goates milke, and giue the patient to drinke three dayes.

For the same.

Take Smallage and Pinets, Rue, & Betony, & seeth them well in good Milke, and sup it warme.

To stench blond at the nose

Take Betony, stampe it with a little salt, as much as thou mayst take vp with thy two fingers, and put it in thy nose.

To stench blonde.

Take linnen cloath and burne it, and take the ponder, and put it in an other cloath, and so laye it to the wound. Also take an hearbe that is called Pernincel, and hold it betweene thy teeth, & thou shalt not bleede while thou holdest it there.

Good for the brayne.

To smell the sauer of Mulke, Camemell, to drinke Wine measurably, or to eate Sage but not much, to keepe the head warm, often washing of your hands, measurable walking, measurable sleeping, to beare little nople of Mullicke or fingers, to eate Mustard, or smell the sauor of red Roses, and to bathe your temples with Rose water.

Ill for the braine.

ALL maner of bzaines, Glottony, Dzonkennelle late Suppers, to ſleepe much after meate, coꝛrupte ayꝛes, anger, heauineſſe of minde, to ſtande muche bare, headded, to eate too much, oꝛ haſtely, too muche heate, too much watching, too much colde, Wilke, Cheeſe, all maner of Nutres, much bathing, Unions, Garlik, & greate noyſe, oꝛ to ſmell to a white Roſe.

For ſtopping in the breſt.

TAke Rue, and ſeeth it in Eyſell, and ſo dꝛinke it. Dꝛinke Nettle ſeede bꝛayed, and it ſhall voyde gꝛauell of the ſtone in the raines of the backe.

For a ſtincking breath.

TAke the ſeede of Coꝛiander, and boyle it in white Rummey oꝛ Wacke, and thereof dꝛinke thꝛee ſpoonefulles in the moꝛning and as much at euening, but that you dꝛinke in the moꝛning muſt be colde, and the other hote, but you muſt vſe to take none ꝛeſſe of meates, noꝛ dꝛinkes, noꝛ ſit not late vppe, but riſe early.

A medicine for a bruſe in the Legge, or arme or elſwhere.

TAke Watercreſſes, and waſh them cleane, and ſeethe them in fayꝛe water, till they be ſoft, then beate them ſmall in a Moꝛter, and put them in a cleane panne, and put thereunto ſweete ſuet, of Hart, Bucke, oꝛ Sheepe, and put thereto the lees of Wine, and Wheate bꝛan, & fꝛy altogether and make a playſter thereof, and layeit warme to the ſoꝛe place, and ſo lay thꝛee oꝛ foure playſters as neede ſhall require.

A nother playster for a bruse, or sore ynriped.

TAke Otemeale grotes, and seeth them in sweete Cowe milke, vntill they be as thicke as pappe, and put it into a panne, with a quantitie of sheepes tallowe, and boyle them well, and sturre them well, and then make a plaister thereof, and lay it to the greefe as hote as ye can suffer.

For a bruse or straine.

TAke the grounden of Ale or Beare, and wheate bran, and Chickweede, and lay it to the greefe three or foure times a day vpon a red cloath not to thinne.

For all bruses and aches in the bones.

TAke a good quantitye of Wallwort, and a certaine of Balme and Comallage, and stampe them well, then take a pound of may Butter, and temper them together, then make them in rounde balles and let them lye eyght dayes after, and then stampe it againe, then frye it and straine it, and so put it in a earthen pot, and thys will helpe the byrse though it be very blacke.

A medicine for burning, scalding or hurt with a handgun.

TAke tenne or ewelue Egges, as your will make the quantity of your Dyle, and let them be as newe as you may, and lay them in the fire, and rosse them as hard as you can, then take the yolkes, and chap them as small

ſmall as you can, and put them in an earthen pot, and ſet it ouer the fire, and take a ſticke and ſturre it, and let it boyle vntill you ſee it conſumed in a manner to nothing: then take it from the fyre and ſet it in the ayre a quarter of an houre or more, and there will come an Oyle thereof: then take a fether, and anoint the griſe with the ſame oyle, and take Hartſtongue leaues, and lay it vpon the griefe, and that will gather the ſkin, then you may bind a cloath to it.

An other medicine for the ſame.

TAke the dong of Geeſe, of one nightes making, and freſh butter vnſalted, or els clarified sheepes ſewet, and fry them in a frying panne, a good time or ſeaſon vntill your ſewet be almoſte conſumed, then put them in a cleane courſe linnen cloeth, and ſtrain them into a ſmall veſſell: then take a fether, and dip it in the licour, and annoint the place burned or ſkalded, and when you haue ſo don, wet a fine linnen cloeth in the ſayd licoure, and couer the ſore withall, and doe this twiſe or thriſe a day, and by Gods grace it ſhall helpe you.

For burning and ſkalding.

TAke Mayden wort, ſtampe it and ſeeth it in freſh Butter, and ſtraine it, and annoint the patient.

To take away a heate or burning with gunpouder.

TAke a good quantity of Houſlike, ſtampe it & wring out the iuice, take the white of fiue egges and beate them in a diſh till they bee thinne, and then take off the

scome, and put the rest together, and washe the sores with a linnen clothe, and lay the cloth aloste on the sore wet.

A medicine for burning or skalding.

Take blacke Sope, or gray Sope, and lay it immediatly to your sore.

For burning or skalding.

Take a good handfull of Auans, & as much of sheepes doung, and so frye them in May butter, and straine it, and annoint the place with the same cold, twice a day, and annoint it first with gray or blacke Sope, and it will helpe, the oyntment muste bee spreade vppon a Flaxen clout, if you can gee it.

To make an oyntment for burning with gunpouder, or scalding with water.

Take a handfull of Barroes grece, and two handfuls of Grounsell, and two or three handfuls of Houslike, and stampe the herbes together, then put to it newe sheepes doung, ii. handfuls, of Goose dongue, ii. handfuls, and stampe them altogether, & being hote, straine them, through a clothe into an earthen pot, and with the licour annoint the burned place.

An oyntment for burning.

Take Plantine, Mayden, Daysye, and the greene Barke of Elder, and greene Goose doung, and Dyle of Oliue, stampe them together and wring

wring them through a cloth, and bathe the hurte with a fether.

For burning or ſcalding in what place ſoeuer it be.

Take the white of an Egge, and put it in a pewter diſhe, and then labor it with an Allom ſtone, till it be like a poſſet curd: then take a fine peece of linning and wet it in Dyle Diſſe, or in ſome other Dyle: then lay the layd cloth vpon the ſore, and aboue it lay the foreſaid curd made of the white of an Egge, and that ſhall drawe out the fire and heale the ſore.

For burning or ſcalding.

Take foure Egges and roſt them, and take oute the yolkes, and frye them in a panne ſoftly vpon the imbers, till they be blacke, and thereof will come an Dyle, the which laue and put it in a gally pot, and vſe it when they haue neede.

A medicine for a burning for lacke of other thinges.

Take the herbes of the Elder tree, and lay vnto the ſore and it helpeth.

Another medicine for the ſame.

Take Dyle Diſſe, and heate it with water till it waxe very white, and annoint the place.

For a burning with fyre.

TAke blacke Vermith, & all to annoint the place with a fether, and it will staye the heate, and heale it as fayre as euer dyd medicine, and so vse it till you bee whole.

For a Cancar in a womans Pappes.

TAke Goose dirt, and Salermine, and bray them well togeather and lay them to the sore pappe, it will clense the Cancar, slea the worme, and heale the sore.

For the Cancar in the mouth.

TAke the iuice of Plantine, Vineger, and water of Roses, and wash thy mouth withall many times.

A receipt to kill a Cocke.

TAke a red Cocke, of three or foure yeres old, and kil him, and dresse him faire, and cut him in foure quarters, bruse the quarters, and picke out the fat out of the, then take halfe a handful of red Mints, a handful of hartstongue, put them into the pot close, halfe a pint of Water, and halfe a pint of Whitewine, fyue croppes of Isop, a roote of Parsely, a roote of Fenell, a roote of Endiffe, twenty Damaske Prunes, twenty Reasons of the Sunne, foure Dates, & let it [illegible] houres, and let the pot bee couered with paste with a Platter vnder it, and let the patient drinke it euery morning next his heart.

A medi-

A medicine for the collike.

FIrst take a handfull of Rosemarye, as much of time, and as much of Isop, an ounce of Cloues, and Mace, and seeth it in a pottle of white wine, and let it seeth till it be consumed to a quart: then put therein a little Sugar, and drinke therof luke warm when you feele your selfe payned, and when it is sodden as is before mencioned, you must burne it as you burne other wine.

For the collike in the side.

TAke a small wodden dish, and put there in first cold ashes, then lay vppon them hote ymbers without great coles, and thereupon strewe a good quantitye of Commenseede, and sprinckle it with Walmesey, and so do till the dishe bee filled: then couer the dishe with a faire linnen cloth double and lay it hote to your bare side where the Collicke lyeth, and vse this two or three times and it will helpe you: and for lacke of Commin seede, take Reede Sage, Camemell, Isop, Tyme, Pennyroyall, of like quantitye, and vse it as the Commin seede before.

A medicine for the stone.

TAke Pellitorie that groweth on the wall, grounde Ivie, Sperefrage, Parsely, Anans, Wallowes, and reede Nettles, Pepper, Cheruell, and Gromell eare, and boyle all these herbes, of euery of them a like quantitie in Whay, and clarifie the Whay with the white of an Egge, and drinke fasting of it a draught.

Another for the same.

TAke halfe a penlworth of Parsely seede, as much of Radish seede being well pressed and bruised, and seeth them all in a pint of white Bastard to halfe a pint, and then drinke it milke warme.

An other to breake the stone.

TAke Hawthorne flowers, or for lacke of flowers, take Hawes and distill them, the flowers in May, and the berries when they be ripe, take of this water three spoonefulls and three sponefulls of Malmesey, and a quantitye of Ginger, and drinke it warme.

A medicine, not onely to breake the stone, but also clearely to purge you thereof, if you doe vse the same dayly.

TAke the roses of a Hepptree, and pricked Holly leaues, and drye them in an Ouen, and beate them severally into drye powder, then put them together beeing first searced, and of like quantity: then put thereto the powder of Grommell seede, and Broomeseede, of like quantitie, doing but halfe so much in quantitye as the powders aforesaid; and they being mixt altogether, vse dayly a good spoonefull of the sayde powder, in a draught of ale, beere, white Wine, or Renish Wine, fasting & fooming: and besides that, you may vse to the same powder in broches and porrages, the oftener the better. Haue alwayes in store a good quantitie of the sayd powder, you must keepe the same alwayes dry, as in a pipkin by the fire side or other wise.

An other for the same.

TAke Parsely, distill it and vse to drinke of the water, in whyte Wine, or in good Ale, and it will destroy the

the stone, Collycke, strangurie, and other passions, in man or woman.

A medicine for the collike or stone.

Take the grounds of Malmesey, Sheepes tallowe, Rubbiwort, red Sage, and Hysaunders, seeth all these together, and make a plaister thereof, and lay it to the grieue, and annoynt with Oyle Dutle, and Oyle of Baime mixed together.

For the collicke and stone.

Take Pellitorie, vnset Leekes, & Mallowes, of eache like quantitie, stampe them and put thereunto a peniwoorth of Netes Oyle, frye them well togeather in manner of playster, put them in a bagge of linnen cloth, and being beey hote, lay it to the belly, and it helpeth within an houre.

And for the stone, lay the same to the raines of the backe behinde, and it helpeth with speede.

For the collicke and stone.

Take halfe a pound of Time, as much Parsely roots and blades, halfe a pounde of Alisander roots, and seeth them altogether in a potte of Ale, vntill it come to a quarte, and so drinke it fasting.

For the stone and for him that cannot pisse.

Take a quantitye of Time, Parsely, crops of Fenell, Smallage, and Saunders, of like quantity, fiue or vi. cloues of Garlike, stampe them altogether & straine

them with white wine or Ale, and drinke thereof firste and last warmed.

A speciall medicine proued for the stone, collike, dropsye, strangury, and Iaunders.

Take of Seeney halfe an ounce, Ginger, Anis seede, Liquoras, Maces, nettle seedes, Gene, Saffron, of eache two penie waight, Fenell seede, and Cynamond, of each one penny waight, and three penny waighte of Synamum, make all these in powder, and drinke thereof halfe a spoonefull at once in posset ale or in pottage.

A goodly powder to helpe one that hath the Collick passio.

Take Annifeedes, Fenelseedes, and Carowaye seedes, of euery of them halfe an ounce, Ginger Gallingall, and Synamum, of euerye of them two drammes, Cloues, Maces, and Cardami, of euerye of them halfe a dramme, Setwall, foure drammes, Sugar eyght ounces, make them altogether in powder.

For the stone or stopping of the water.

Take a pint of whyte wine, and therewith make a posset, then take all the curdes away, and put into the posset ale two pennye waighte of the scraping of white Sope, and boyle it, then drinke it as warme as you can.

A soueraigne medicine for the stone and collike, and to breake them both.

Take

TAke Parſeliſeede, Bromeſeede, Gromelſeede, Fenel ſeeds, Anniſeeds, Plantineſeedes, and Smallage ſeedes, of euery of them a quartar of an ounce, and of Nutmegges halfe an ounce, of Sugar tryed foure ounces, and beat them altogether in a morter, vntill they be very fine, then ſearce the powder through a ſearce, & vſe to drinke this powder euening and morning, three dayes in a weeke with Wine or other drinke, luke warm and take of this powder at a time, the quantity of a great Haſell Nutte, and if the paine be great, take of the Dyle of Scorpion, with Dyle of Roſes, and annoint your ſide where the paine is againſt the fire.

A medicine to purge the bladder of him that cannot piſſe.

TAke Fenell, and the rootes of Alleſandars, Parſely, the leaues & the rootes of Harſtongue, Maydenhear & ſeeth them in white Wine, and giue it the patient to drinke, and it ſhall purdge the bladder in ſhorte time.

For the ſame.

TAke Reme, Grommel, and Parſely, ſtampe them together and temper them with white wine, & giue it the ſicke to drinke warme.

For him that cannot well piſſe.

TAke a Flint ſtone, and lay it in the fyre, vntill it bee red hot, and therewith warme your ale, and then drinke thereof.

To prouoke Vrin and against the stone

Take three quartes of Ale, warme it well, let it bee scommed thrise: then put to it a handfull of Time, a handfull of Rosemarye, and a handfull of peneroyall, and let them seeth together till one quarter be consumed or more, straine the herbes from the Ale, and drinke a draught of the Ale first and last warme.

To make one pisse.

Take a quarter of a handfull of Parselye, as muche red Fenell, wash and shrede them small, and put them in a cup of stale Ale and make a posset therewith, and drinke the Ale, and it helpeth.

For a man that pisseth bloud.

Take Ambros. a handful, Burla pastoris a handfull, Parsely seede, a handfull, stampe them altogether, and giue the sicke to drinke in Goates milke.

To prouoke Vrin.

Take a handfull of red nettel rootes, and seeth them in a quart of good Ale till it be consumed to a pinte, and put thereto halfe a dishe of Butter, and let it bee cleane scommed before the Butter be put in, and seethe in it Alisaunder seedes, Parsely seedes, Gromel seedes beeing beaten into fine powder, and straine them through a fyne clothe, as much of the one as of the other. and drinke thereof first and last.

For the same.

Take

Take a quantitie of blacke Sope, and Engliſh Saffron, and temper them together colde, & laye it colde vpon your nauill being ſpread vpon a broade paper, or red lether, and then lay vppon it linnen cloth of tenne or twelue foldes hote, and roule you with a towell, and ſo lye downe vpon your bed warme, and it will make you piſſe within an houre.

A drinke for the windie collicke.

Take a quart of Vamelsey, and two ſpoonefulles of the pith of Parſelye rootes and a handfull of Violet leaues, and fyue Bay leaues, ſeeth all theſe together vntill a pint, and drinke it morning and euening warme.

To take away Cornes.

Take Marygold ſtamped, and laye vppon the ſore euening and mōrning and it profiteth. Or elſe, pare your corne & lay thereto Turpentine and red ware boyled together, and make a playſter thereof and it helpeth.

To doe away a Corne.

Take and cut away the corne, and drop into it a drop or two of a blacke ſnayle, and put thereto the powder of Sandefer and it will doe it away.

For the ſame

Pare away your Corne as nere as you can, put into the hole vnſlecked lyme as much as a Peache, and couer it with a playſter of waxe and Roſen, and let it lye foure and twenty houres.

To make a water againſt a conſumption.

Take

Take a quart of Rose water, as much of womãs milk, milke of Goates, of Mares, or of Cowe milke, put vnto them xxx. yolkes of Egges, well mingled together, and thereof still a water, whereof geue the patient to drinke warme first and last, with a cake of *Manus Christi*, made with Gold and Pearles.

For a consumption in the raynes.

Take Clary leaues, and picke them, & frye them with two or three yolkes of Egges, and put thereunto Saffron dryed vpon a Stone, and grind it small, and put altogether, and frye them in fresh Butter, and eate it warme next you heart.

To make Ielly for one that is in a consumption.

Take a Legge of Veale, and cut away the fat, and a Capon or Cocke new killed, and skald him and wash him cleane, and let the Capon and the Veale lye in water, the space of three houres, and seeth them on the fyre, with two pottles of fayre water, scome it cleen, and as the fat riseth take it offe, and so let it seeth, till halfe the brothe bee consumed: then put in a pottle of racke Renish Wine, if you haue it, or els a pottle of whyte Wine, and let it seeth altogether, vntill it consume to a quart and clarifie it with three or foure whits of Egges, and let it runne through a Ielly bagge, and then set it on the fyre againe, & put in one pound of Suger, & one ounce of Sinonum, grose beaten, and then let it runne through a Ielly bagge, three or foure times, and after let the patient drinke thereof warme.

An

An excellent medicine againſt the extreame cough.

Take Fenell rootes cleane waſhed, Anniſeedes, and a little Liquoras, and ſeeth them altogether in white wine, and take the white wine & drinke a good draughte thereof when you go to bed, and the next morning, take a Figge and a Date, and roſt them and eate them ſomewhat hote, and neyther eate nor drinke in two or three houres after, and in two or three times drinking it ſhall helpe you.

A powder for the cough.

Take eyght penniwaight of fine Ginger, and ſixteene peniwaight of powder of Elecompane rootes, and one ounce of the powder of Liquoras, and to ounces of of the powder of Anniſeedes, and three ounces of ſugar Candy: mingle all thoſe togeather, and vſe to eate it when you will at all times in the day, and you ſhall finde eaſe therein, for this medicine is well proued.

Another for the cough, and to drye vp the rume and fleame.

Take a handfull of Sage, a handful of Bay ſalte dryed at the fire, a handfull of Commin, a peniworth of Cloues, and an other of Maces, and beate all theſe and mingle them together and put them into a linnen bag, the length and breadth of a mans hand, and quilt it and vſe it hote vppon the mold of the heade till you be eaſed, warmed, morning and euening, and lay it to your molde againe.

For the cough of the lunges.

TAke a pottle of running water, twentye Figges, a quarterye of the best Souger, a good quantitye of Licoras and Anniseedes, a peniworth of Maydenheare, a handfull of great raysons the stones picked out, & boyle them vnto a quart, and so warme a little in a stone cruse and drinke thereof.

For the cough.

TAke Isop, Horehound, suger, and water, boyle them altogether till it come to a thinne syrop, and so vse to eate it euening and morning, and all other times when you thinke good.

A syrop for a cough.

TAke a pint of Isop water, and halfe a pint of Rose Water, and a good quantitye of Licoras bruised, a great spoonefull of Anniseedes, halfe a pounde of white suger Candy: let all these boyle together till it come to a cleere syrop, then put it in a faire glasse strained, and take this syrop at all times in the day or night when you list.

For the cough.

TAke a toste of bread and make it hote, and put on sweete Sallet oyle, on both sydes of it, and eate it euery morning and it will helpe you.

A remedie for the same.

TAke Barrowes or Bores greace, three or four cloues of Garlike, and stampe them together, and warme and annoynt thy feete therewith at thy going

to

to bed, and so keepe them hote with a tosted trencher, and warme clothes, and you shall recouer.

A medicine for the chincough for children.

TAke Boyes greace, and warme the soales of theyr feete to the fyer, and chafe them with the foresayde, Boyes greace, and let them goe to bed and keepe them warme and lay clothes to their feete.

A medicine for the cough and the wheesing.

TAke a pound of suger Candye somewhat finely beaten, halfe a pounde of Licoras searced, and halfe a pounde of Annisseedes searced, and an ounce of the powder of Ginger, an ounce of Elicompane rootes, made into powder, and mingle these together, and take of the same powder halfe a spoonefull at a time, when you goe to bed and when you rise in the morning.

For a cough.

TAke Isop, Licoras, Hynehounde, a little of the roote of Elicompane, greate reasons, Figges, cutte in small peeces, and Annisseedes: boyle all those in water, then straine out the water, and drinke it in the morning fasting.

For the cough and for stopping at the brest and to open the pipes, and to auoide much corruption.

Take the roote of Elecompane, and the roote of Radish and shred them thinne, and Peare Wardens, twise so much as of both the others, then put altogether into a newe earthen potte, then put thereunto clarified honye till it ouerflowe the sayde ingredience, then couer the pot and paste it that no breath come out, and set it into an ouen, and let it bake with a batch of breade, & giue the licke there of a spoonfull at morning and an other at night.

A souereigne medicine for the cough of the lunges Maister bakers medicine.

Take three pints of running water, halfe a pounde of Portingall Sugar, with nine Figges, and halfe a spoonefull of Annileedes bruised, a handfull of raysons of the Sunne cleane washed hauing the stones picked out, a penniworth of Maydenheare: let all these boyle together vntill the one halfe and more be boyled away, and then straine the same through a fine cloth, and euery morning drinke to spoonefulls of it luke warme, and you shal find present remedye.

For the Crampe.

Take holy oke, oyle of Violets, & of Swines greace of each like much, and make an oyntment, and annoynt the plate.

An excellent salue for a cutte.

Take two handfulles of Bugle which groweth moste commonly in woodes, and as much Valerian, bruse them very small: then take a quantitye of Deeres sewet, halfe

halfe ſo much vnwroughte waxe, ſo muche of theſe two as the herbes may be boyled therein, then ſette it on the fyre, and when it is halfe boyled put in a quantitye of the beſt Turpintine that ye can get, then let it boyle till it be ynough, and all the while ſtirre it well, when it is boyled ynough ſtraine it throughe a cloth into a veſſell and ſo keepe it.

A ſalue for a newe cut that will not leaue bleeding.

Take the blades of vnſet leekes and ſtampe them, and put thereunto honye and wheate flower and fyre them well togeather vntill they bee thicke: let it come neere no fyre, but all colde lay it to the wounde and it will ſtanch the bleeding, and drawe out the bruſed bloud, and make it cleane.

A medicine for deafenes in a mans head.

Take a quarte of Malmeſey, a penyworth of Commin and viii. Betanie leaues that groweth on the lande, then boyle all theſe together, till the one halfe of the Malmeſey bee conſumed: then take the potte that you boyle your medicine in as ſoone as the hearbes be boyled and couer it with a touell and binde it cloſe aboute the verge that the heate come not out, then put a quill in the other ende of the tonell, then put the pacientes eare thereunto ſo that the heate may goe cloſe into the head, fyrſt the one and then the other, and whiles the heate is driuing into the one eare you muſte ſtoppe the other with blacke wooll, and you muſt haue hote clothes to keepe in the heate on the other ſide of the head while that your medicine worketh: then ſerue the other

eare likewise. You muste vse it three times in the day, that is to say, in the morning, at noone, and at night, and so you must continue the space of three dayes and three nightes. See that the pacient come not in any open ayre the space aforesayde, and you must put to your Malmesey a quarter of a pint of cleare running water.

A good medicine for deafnesse, vsed by Thomas Steeuens of Bushton.

TAke Bay berries, Bay leaues, Betany, and Sticardes, of each of them one handfull: seethe them in white wine to the halfe, and for an olde man in Malmesey, then put it in a vessell that hath a narrow mouth and hold your eare ouer it being vnstopped, so that you may suffer it being not too hote nor too cold, then take oyle of bitter Almondes, and let droppe thereof two or three droppes into your eare, and alwayes haue a locke of fine blacke wooll that groweth betweene the sheepes legges, to stoppe close your eare therewith, wherein if you put a little muske, it will be the better.

A soueraigne medicine for the payne and hushing in the head, which hindereth the hearing very much.

TAke one cloue of Garlike, pill it, and picke three or foure holes in the middes, and dip it in fyne English honye and put it into your eare, and put a little blacke woll after, and lye vpon your other syde eache night and so let it continue in your eare for the space of viii. or eyght

dayes

dayes, and it will expulse the humors at your nose, expell the paine and restore the hearing.

For the payne in the eare

TAke two handfulls of Sage, one handfull of Isop, & halfe a handfull of Rosemarye, put these in a little pillowe boyled in Rose vineger, *Aqua vitæ*, and Rose water, and lay this to thine eare as hote as thou can suffer it.

An oyntment for a swelling.

TAke a good quantitye of Smallage and Wallowes, and put thereto two pounde of Boyes grece, one pounde of butter, and oyle of Netes keete a quantitye, & stampe them wel altogether, then frye them and straine them into an earthen vessell.

To make a drinke for an extreame heate or drought.

TAke a pottle of faire water, a handfull of Succorie, a handfull of Endise, a handfull of Violet leaues, a handfull of Burrage, halfe a handfull of Letice, two Fenell rootes, two Parsely rootes, put them all in your pottle of water and let them seeth from a pottle to a quarte, then take it off and put a little Sugar to it, and let it haue two wallops more, then drinke of it as you list.

To make a dyet drinke.

First,

FIrst, buy a dyet pot and fill him full of Conduit water lacking a quarte, then put to the water a quart of white Wine and set him ouer a soft fyre of coales, then put thereunto a pound of Liquorys scraped and cutte in small peeces, halfe a pound of Annisseedes bruised, halfe a pounde of *Ling. vite* bought at the turners, & an ounce of the barke of the same which you may haue at the Poticaries, then let all these boyle together an houre and a halfe so that one part of the licoure be boyled away: then take and straine it into a fayre vessell and keepe it close, and drinke therof first and last a prette draught warme.

A water for the eyes.

Take kindly Roche Alom white, a small quantitye of red Rose water, and the iuice of red Fenell, and the white of an Egge well beaten & take off the scomme of the Egge and beate them together, and then straine it through a fyne cloth, then dyp your finger in the Water, and let it drop into your eye.

Good for the sight.

ALL this is good for the sight: Redde Roses, Veruein rootes, Fenell, Salendine, Pimpernell, *Oculachristi*, to washe your eyes with cleare water, or to looke vppon greene colours, mesurable sleepe, to loke in a fayre glasse, often washing of your handes and feete and it maketh your meate to digest well.

Ill for the sight.

TO studie after meate, Garlike, Unions, Leekes, Lettice, to sudden going after meate, & wines, hote or

coole

cold ayre, drunkenneſſe, gluttonie, milke, cheeſe, much beholding of bright thinges, and as euill red thinges, as white, much ſleepe after meate, too much walking after meate, and too much letting bloud, coldwoꝛes, fire, duſt, too much weeping, and ouermuch watching.

A ſpeciall good water for the eyes.

Take a newe layde egge, and roſt it hard, cut the ſhel in the middeſt and take out the yolke, and put in a peece of white Copoꝛas where as the yolke lay, & binde the egge together againe, and let it lye in the fyre vntill the Copoꝛas be reſolued to water, then take the white out of the egge, and cut it in ſmall peeces, and put it into a glaſſe of running water, and let it ſtand a while, and ſtraine it thꝛough a fyne cloth, and keepe it in a cloſe glaſſe, and dꝛeſſe the eye euery moꝛning and euening.

To kill the pinne and webb in the eye.

Take a quantity of thꝛee leaued graſſe, as muche red Fenell, as much red Sage, as much Daylyes, the white of an egge beaten and the froth taken away, and halfe a ſpoonefull of honey, and ſtampe all the herbes together, and then take the iuice thereof, and put thereunto the white of the egge and ỳ hony, and thẽ ſtur them together, and dꝛoppe the ſame into the eye of the patient: and then take a plaiſter of flaxe towe, and dip it in the layd medicine, and lay it vpon the eye of the layde patient and bind it faſt, and let it remaine ſo an houre at euery time of dꝛeſſing.

An other for the same

TAke the leaues of Salendine and stampe them and straine them, and put one drop of the iuice of it in the eye, and it will helpe by Gods grace.

For the Web in the Eye if it bee olde.

TAke the red Pimpernell, and *Euphrasia*, and stampe them in a Morter, and then frye them with Capons grece in a cleane panne, and then wring it through a cloth into a vessell of Brasse, and let it stande therein three dayes after, put it in a boxe of horne or tinne, and take therof and put it in the Web of the eye, and this medicine is soueraigne.

A good medicine for the eyes being either Pearle or Web.

TAke the leaues of Daysyes, & Pouchmort *alias Bursa pastoris*, and the Chesilloppes *alias* Woodlise, stampe them together and straine them in a litle good Ale, drinke of the same three seuerall mornings two howres before you rise and you shall synde ease, notwithstanding your eyes will be sore, then wash your eyes with running water, and then drinke of your drinke two mornings againe, and you shall be whole and finde great ease by Gods grace.

A water

A water comfortable for the eye.

TAke the iuice of *Euphraſia*, or els Water made of it, for it is the beſt hearbe that can bee for the eyes what way ſoeuer you take it.

For ſore eyes.

TAke Coporas and laye it in running Water, and ſtraine it, and when you goe to bed ſtrike the brees of your eyes with the ſame Water, and let it droppe into your eyes.

For the ſame.

TAke rotten Apples and ſtill them, and with the Water thereof, waſhe your eyes, and it will purge and cleanſe them, and cleare your ſight.

A water very comfortable for the eye ſight.

TAke Roſe leaues, a greate handfull of red Fenell and Clermeine as much, of Rewe a handfull, of Salendine as much, and ſo ſtill them together, and you ſhall haue a good Water and comfortable for your eyes.

A drinke for the eye ſight.

Take a quantitye of Iuie that groweth vpon the Ash, a quantitye of the rootes and leaues of Daysyes in the fielde, a quantitye of Fenell, and a quantitye of three leaued grasse, all these being washed cleane, stampe them and straine them with a pinte of stale Ale, and drinke thereof euening and morning, or at midnight for a season.

A perfect water very good for the eyesight.

Take Sage, Fenell, Veruaine, Betanie, *Euphrasia*, or Eyebright, Pimpernell, Smelleroyle, and herbe Grace, and lay all these in white wine all night, and then still them in a Stillatorie of glasse or &c. and this water is speciall good.

For the hemroides, and to dry vp any sore.

Take the broode Nemphane leafe, commonly called Canne leaues which growe in waters, wash them cleane, put them in a paper and fry them in the ymbers, and applye them as hote as may bee suffered, or make them in powder and cast them into the sore and it helpeth.

For the same.

Take red wortes and seeth them in a pot: then take the pot and set it vnder a close chayre, and sitte ouer it, and lap warme clothes about the chayre that no ayre may goe out, and so sit still ouer it till it be colde, & then annoynt the members with the licoure.

For

For the ſame.

Take a plate of lead and rubbe thereon a quantitye of Boyes grice for a man, and Swines greece for a woman, and waſh it out with white wine, and annoynt the Emeroydes.

A Medicine for a red or high coulored face.

Take vine leaues, Strauburies, and creame, and put it.d. of Cauſſer vnto it, and put it into a Stillatorie with the foreſayd leaues and diſtill it, and take the water thereof and waſhe your face therewith morning and euening for a certaine ſpace, and it will take awaye the high colour.

An other for the ſame.

Take Cowcumbers, and pare them cleane, and cutte them in ſlyces and ſtill them, and with the Water that commeth of them waſhe your face dayly three or foure times in the day, if you haue none of the Water, then take the Cowcumber it ſelfe and pare him, and rub your face therewith.

A medicine to deſtroy a heate in the face or in any other place, though it be Sanct Anthonies fyre.

Take a quart of Smythes water, a handfull of Sauge, a handfull of Elder leaues, or of the greene barke, a penywoyth of Alom, and ſeeth them altogether from

a pottle to a pint, then put it in an earthen pot and annoint the patient.

For the pymples in the face.

TAke Wheate Flower, mingled with Viniger and honie, and lay vppon them, and it will clense them

Good for a Felon.

TAke Sage Rewe, Snayles, hay Salt, and Bacon, and beate them altogether, and then lay it to the Felon and it shall helpe you.

For the same.

TAke Herbe Grace, March, and white woyts, ruskye Bacon, a little butter, a houle Snayle, mingle them together, and make thereof a playster.

A medicine for byles fellons, and vncomes.

TAke Wheate flower, Boyes greace, May butter, and Sage, and stampe it together and make a playsters thereof and lay it to the byle or felon and it will both ripe it and drawe it, and if it be fryed it worketh the better.

To ripe byles, felones or vncomes.

TAke a pinte of sweete milke and set it ouer the fyre, and put thereunto a quantitye of Sheepes seuet, [illegible] tell,

ten, and lett all theſe ſeeth till it waxe very thicke ſo that yee may ſpread it vppon a layre linnen cloath, and laye it as warme as yee can ſuffer to the ſore, and it wyll quickly ripe him and breake him without great payne, then when he is broken laye a litle Turpentine vppon a prece of white lether pricked full of holes and it wyll drawe and heale it.

A Gargreſſe for fleame.

TAke a quantitye of Endiſſe Water, and as muche hompe Sorele Water, a good ſpoonefull of muſtard pure, a ſpoonefull of honey, two ſpoonefulles of Vineger, & a little powder of Pepper, two or three branches of Roſemary, and the leaues of Sage, and put all theſe together and heate them vppon a chafing diſhe of Coles luke warme, and let the patient put a ſpoonefull at once, in his mouth and hold his head vpwardes and waſhe his throte therewith, and it ſhall make him voyde muche fleame, let him take threof as oft as hee ſhall thinke good.

To breake the fleame and for the cough.

TAke a pinte of Iſop water ſtilled, one quart of good Muſkadine, three or foure good Races of caſe Ginger, pare them cleane and cut them in ſlyces, and twiſe ſo much Licoras, and pare it likewiſe, one good handfull of Suger Candie groſe bruſed, put all the premeſſes together in a glaſſe, & ſhake them together and ſtop it cloſe, and let it ſtande. xxiiii. houres, then drinke thereof at your pleaſure.

To breake fleame.

Take Butter without salt, and honey, of eache a like quantitye, and a fewe butter Almondes: blaunche them and beate them fine, and eate a little every daye.

For the same.

Take Smallage and seeth it in Vineger, then take the Vineger and washe your brest withall, and then take the Smallage and put it in a cloth and bynde it to your stomacke three houres.

For the same.

Take Goyell, and stampe it and straine it, then take the iuice and temper it with olde Ale, and drinke a good quantity in the morning before you rise out of your bed, then take a sleepe after, and you shall deliuer fleame wonderfull to see for the quantity.

A medicine for the Flixe or Lax.

Take egges and roste them harde, then take the yolkes of them and straine them with red Wine, and put therevnto Syperum, then seeth them together, and drinke it as hote as you may suffer it.

For the same.

Take Wheate flowre, and the yolkes of Egges, with the iuice of Plantine, and make a cake of it, and bake it in an ouen, and eate it as hote as you can, and drinke

drinke thereto red wine or Reſpice all bote, or elſe the iuice of Plantine for it will bynde him.

A Candle for the bloudy Flix.

TAke a pint of red wyne, and the yolkes of fiue newe leyed egges, a good quantitie of Sinamon and a little Sugar, the pill of a pounde Granat dryed and beaten to fine powder, a good quantitie, and boyle all theſe in a fayre platter vppon a chafing diſhe of coles till it be ſome what thicke, then let the pacient eate of it morning and euening, and as oft els in the day as hys ſtomake will ſerue him thereto, and it ſhall ſtoppe hym de the Flixe neuer ſo great.

A ſingular medicine for the bloudye Flixe.

TAke as much fine linnen cloth as will make a ſuppoſytarie beeing wrapped rounde together button wiſe, then wette the ſame in the beſt *Aqua vitæ*, or *Aqua compoſitæ*, and let the partye greeued conueye the ſame into their fundament and it will helpe them God willing within three or four dryellinges, this is proued and hath holpen manye that hath beene broughte verye lowe and iudged paſt cure.

Another for the ſame.

TAke a peece of Allom as much as a Walnut, put it into a pinte of newe mylke, and ſeethe it on the fyre till the mylke turne to a curde, then take off the curde as you doe of the poſſet Ale, then take the liquour that

remayneth and put vnto it a good quantitye of the pouder of the pill of a Poungranat and Synamum fyne beaten, and let them drinke it, and it will stoppe them, and yf they eate of the curde they shall bee stayed the sooner.

For the bloudy flixe.

Take Almons skinnes and al, and stamp them smal, and take the water of Vnsked Barly sodden, and make thereof milke, and put therein skinnes and scorches of Poundgranats being stamped to powder, with a little Suger, and so eate the same euerye morning and euening, and put gadds of steele that hath beene made red hote in the fyre into their drinke.

To stop the bloudy flixe.

Take a quarte of Beanes dryed ouer the fyer, so that ye may make powder of them, then drie to them in a morter very small and bulte them, and take a quarte of good Ale and a quantitye of flower, and so seeth them both together, and let the patient eate thereof at nighte as hote as may be suffred.

For the bloudy flixe

Take a pynte of runniug Water and a pint of warme Milke as it commeth from the Cowe and put them together, then put fiue or sixe flint stones in the fyre, and when they bee redde hote quenche them in that licoure, then put them in the fyre againe, and quenche them againe three or foure tymes therein, till the licour

coure bee halfe consumed, and let the partie drinke of it warme.

A medicine for the falling of the fundament.

Take red nettles, bray them well, and put them in an earthen potte, and put thereunto a good portion of white Wine, and seeth it till the halfe bee wasted, and giue it the sicke to drinke fyrste and laste alwayes warme, and lay the herbes to the fundamente as hote as ye can suffer it.

A playster to heale a gowtie legge, a wound or sore whatsoeuer.

Take a handfull of Mallowe leaues, and another of Grouncell, put them in a possonet, with fayre Water and let them boyle till they bee sodden so tender that yee may make a playster of them, then put the lycoure from the hearbes and straine them throughe a straynar vppon a platter, and sette the platter vppon a chafing dish of Coles, then put thereunto a quantitye of Deere sewet, or sheepes sewet clarified, and vnwrought ware, Sallet oyle, Turpentine, and Rosen, let all them boyle vppon a chafing dishe of coles vntill they be thicke: then straine all the layde stuffe throughe a linnen clothe into the vessell that you will keepe your salue in, and so let it stand vntill it be colde, then vse the same beeing spread vppon a cloth, and you shall finde ease by Gods grace, and helpe.

A playster for the gowt or ache in the ioyntes wherewith the Lord Rich was cured when all Surgions thought him to be vncurable.

TAke halfe a pound of vnwroughte Waxe, halfe a pound of Rosen, an ounce of Olibanum, a quarter of a pounde, of fine lytrage of Golde, three quarters of a pound of white lead all beaten to powder, and searce it through a searcer, and take a pinte of Oyle of Netes feete, and sette it on the fyre in a small vessell, with the Wax and Rosen, and when it is molten, then put thereto the other powders and sturre it fast with a sticke, and then put a little of it vppon a pewter sawcer, and if it be hard being so tryed on the pewter sawcer, then take it from the fire and annoint a fayre boarde with some of your oyle of Netes fete, and as you may handle it for heate, worke it as it were Curriers ware, and make it in great roles, and make playsters of it with a chaffingdishe of coles, and spread it thinne vppon a linnen clothe or leather and lay the playster warme where the payne is, and so renewe it morning and euening vntill you bee whole, or till the ache be driuen to some other ioyne, and then take the playster and lay where the ache is, and beware of colde and hote wynes.

A medicine for the gowt

TAke foure handefulls of Walwort, and one handfull of Horehound, and bray them in a morter, and put their iuice to one pint of Swynes greace, and boyle them on the fire, the space of halfe an hower, then straine it

it ſayre, for it is good for all colde goutes in the armes, legges or feete, and for all greefes in the bones that commeth of colde.

A drinke for the gowt feſtered.

TAke a quantitye of Archangel, Betony, Verueine, of ech like much, and boyle them in wine, and let the ſicke perſon drinke thereof fyrſte and laſt and it helpeth.

A playſter for the ſame.

TAke a ſawcer full of the iuice of Smallage, an other of Wormwoode, hony, ſalt, and vineger, and meddle them well together, and doe there to a quantitye of Rie flower, ſturre them faſt together and boyle them and make a playſter in a cloth, and laye to the ſore, vſe the drinke aforeſayde and the playſter and it will helpe by Gods grace.

Good for the heart.

SAffron, Burrage, Muſke Cloues, Galingall, Nutmegges, the red roſe, Violets, Sugar, Maces, beſt of all,

Ill for the heart.

BEanes, Peaſe, Leekes, Garlicke Onions, ſadnes anger, dred, too much trauell, to drinke colde water after trauell, and euill tidings.

A medicine for the paſsion at the heart called termor cordis.

TAke the powder of Burrage flowre, the powder of Nutmegges, white Amber likewise in powder, the bone in a Stagges heart, the powder of Sinomum, all these powders drinke luke warme with Beare, Ale, or wine euening and morning, and the party greeued shall finde ease. These thinges must bee proportioned by good aduise.

A medicine for a continuall head ache.

TAke Betanie water, and take a cloth three or foure double and but three fingers broade, wet it well in the Betanie water and laye it to your foreheade colde. Let the cloth being wet come rounde about the head, and tye it faste, and in three or foure times thus doing, it will helpe thee: and when the clothe is dryed wette it a-gayne.

A medicine to clense or purge the head

TAke Pellitorie of Spaine, and chewe the roote in your mouth iii. dayes at times, and it shall doe away the ache and fasten the teeth in the gummis.

A medicine for the payne in the heade.

TAke a rose cake, cut it in the lengthe and breythe of the forehead, then take rose water and vineger of like quantitye and as hote as ye may suffer it, lay to the forehead.

A medicine for winde in the head

Take

Take a handfull of flowres of Camemell, and halfe a handfull of powder of Camemill, and mingle them together, and make two bagges of the bredth of your eares and lay them thereunto.

For the headache.

Take the iuice of rewe, and put it in the nosthreles, for it getteth out the fleame and clenseth the brayne: the herbe sodden in wine doth the same.

For the megrim or head ache.

Take foure or fiue Nutmegs, and pare and slice them as you would pare and slice Ginger thinne, then make two little bagges of linnen cloth, of the length of your finger, & put in the Nutmegs, then take a quantitye of pure redde Rose water and laye your bagges in the same water in a dishe, vpon a chafing dishe of Coles and make them hote & laye them to the temples of your head.

A medicine for the megrim truely proued.

Take halfe an ounce of Pepper, two Nutmegs, half a quarter of an ounce of Graines, one pint of Vineger, and a handfull of Rosemarye, and boyle altogether, betwixt two platters vppon a chafing dishe of Coles, and then take a cloth and put it ouer your heade, & holde your head close ouer it til it be boyled wel neere all away and by gods Grace it helpeth.

For the megrime.

Take fyue leaued grasse, and Moxell that is called Saint Marye herbe, euen poxciones of these two, and Betonye as much as of both the other, and beate all these in a moxter, and take the iuice of them, and put to the same iuice as much Maye butter as the quantitye of the iuice, and thereof make an oyntment, and annoynt therewith the patients bxowes when hee goeth to bedde.

Another for the same.

Take bole Armoniacke, Sanguis Dxagonis, and tera *Terra sigillat*, of each like quantity, and beat them in powder, then to make a playster take Flaxe and lay it vppon a ruller paper, as dxoade as you will haue your playster, and take the cleare of an Egge and lay it vpon the Flax, then take the foxesayde powder and cast it on that side of the playster that shall lye next your head, and put one folde of russed paper ox els of linnen betweene your head and the medicine, ox else it will cleaue verye sox to the heare of your heade, and this medicine is sure and well pxoued.

A good medicine for the megrime in the head.

Take Leather vnwaxed and dxoade as your forehead and in length from one temple to another, and cut the Leather but not thxough, then vpon the Lyne of the white of an Egge, then take of the potticaries Sanguis Dxagonis, beate it into powder, and scatter the same

ſame vppon the oyle thinly, and this done lay it vppon the forehead, not taking it away till it be readye to fall away of it ſelfe.

A medicine for the blacke Iaunders

TAke Wheaten ſtrawe, and lay it abroade vppon a faire Flower in a cloſe houſe, and put in Geeſe and watch when they donnge and take it vp hole, and with a knife ſcrape of the white that is about the donng, tyll you haue a quantitye thereof, then drye it in an Ouen & make powder therof and drinke it morning and euening in Ale warmed, and that will cure both the blacke and yealow Iaunders.

Another medicine for the blacke Iaunders.

TAke the herbe Ambrol, Berany, Wilgrowe, of each of them a handefull, of Sentrye halfe a handefull, and three or foure docke rootes cleane waſhed and ſcraped, and ſtampe all theſe together in a morter, till they be indifferent ſmall beaten, then take Spicknell, Turmeracke and *Galigarie*, of eache of them like quantitye and ſtampe them likewiſe in a morter, then put the herbes in a cleane linnen cloth by them ſelues, and the ſpyces by them ſelues, and tye them faſt with ſtrynges, and hang them in a gallon of two of Ale when it is ſetled and ſcoped be ſtirred three or foure dayes [illegible] and put to it a good ſpoonefull of the powder of the herbes and ſpyces, and ſtirre it well together, and put to it a little [illegible] when you goe to bedde, and no doubt by Gods grace it will helpe you.

For the blacke Launders. M. Anthony Cox prisoner.

Take the gall of a Rauen and dye it, and grate into powder, take a quantitye in a spone and temper the same with beare or ale together and drinke it fasting in the morning.

A medicine for the Yelowe Launders.

Take a handfull of rew Mercie croppes and breathem in a pint of ale, and drink the same being strayned three or foure dayes together.

A nother for the same.

Take hard spanish Sope, a little stale Ale in a cuppe, and rub the Sope against the cuppe botome till the Ale be white as shaue in Iuerie, and let the patient drink thereof fiue dayes fast till he be whole.

For the same

Take [illegible] leaues, and put them in your bolen

A medicine for the Yellowe Launders

Take a large Apple, and cut the toppe of the Apple [illegible]

For the same.

Take a quarte of white Wine, a greate handfull of Salendine leaues, and boyle them to a pint: but in Winter, take the rootes and drinke thereof euening and morning warme.

For the Yella.

Take bay salt, Dies, and Commin, and dryp all these and make two bagges thereof, and as hote as may be suffered, laye the one after an other to the plowe of the head, and so vse it a good while.

For the same.

Take sharpe leuen, and bay salt vpon it colde, and put it to the yuella and it will helpe.

A very good medicine for an itch.

Take Docke rootes, and beate them and bruse them, and frye them with fresh Butter, and annoint the patient with the same and in 5. or 6. times drinking it will helpe.

To make one seeme young long, to purge the winde, and cleare the sight.

Take powder of Fenell, Annise, and Liticompane, and temper them with *Aqua Vitæ*, and drye them againe, and take a quantitye thereof euening and morning.

To make a whey laxatiue.

TAke a pint and a halfe of clarified Wheye, halfe an ounce of Seeney, a grote worth of Annifeedes, halfe a handfull of Poppes, Burrage, Buglas, of each halfe a handfull, and a litle Fumetorie, and feeth all these in clarified whey vntill it be halfe consumed, and drinke it two mornings.

A good playster for festred legges that haue ben long sore

TAke March, and wilde Tanfie, Plantine, and the great Worrel hony, and the white of an egge, and milke of a Cowe that is of one couloure, and Barley Flower, and thicke all these together, and bray the herbes in a morter, and after that mingle the rest wyth the herbes.

For the stopping in the liuer.

TAke the broth of a chickin, of Mercurie, & Succory halfe a handfull, and a fewe greate reasons & pyeke out the stones, and let all these boyle together, then take a fewe bitter Almondes and blanche them and beate them, and with the same licoure make Almondes milke, and so vse to drinke it euery morning first.

Another for the same

TAke Madder rootes, boyle them in halfe a pinte of Ale and let it seeth to a draught, and let him drinke it in the morning fasting twise in a weeke.

For

For the same.

TAke Turpentine of Uenice, to the quantitye of a Beane, and put it into a spoone, and hold it ouer the fire till it doe melt, then put thereto a little white Suger, and let him eate it euery daye fasting.

For the same.

TAke great greene Capers, and lay them in Uargis, fiue or sixe dayes, and then wring them out of the Uargis, and put a prette quantitye therof in a sawcer and put vnto them syrop of Uineger, and eate them an houre before dinner, and an houre before supper.

For beate in the Liuer or drynesse in the handes.

TAke a quantitye of Strauberie water stilled, seethe therein a quantitye of Liuerwort, and drinke it with as much syrop of Mints.

For the beate of the liuer.

TAke Saunders, and good strong vinegar, and beate them both, then take scarlet in grayne and dippe it in the same and so laye it to the spoone of the brest on the right side.

For the Pluraſie.

TAke Brookelime, Sheepes sewet, and a little sayne water, and fry them together in a frying payne, and make thereof a playster, and lay to the patients side, and it will draw out the corruption.

For the pleuresye or stich.

Take *Aqua vitæ*, and Capons grete, boyle them together and dippe therein blacke wooll, and lay it hote to the stomake, and that will ease the stitch.

For the Lungs.

Take the longs of a Fore and dryp it to powder, and put a quarter of a spoonefull into a little Almon milk or broth, and eate it, and it is very good to preserue the longs.

For the pricking of a thorne or needle in a ioynt and the hole be stopped againe.

Take fine boulted flowre of Wheate, and temper it with white wine, and boyle it together vntill it bee thicke, and lay it on the sore as hote as he may suffer it, & that shall open the hole and drawe out the venome or filth and ease the aching, and heale and close it vp again, and for lacke of white wine ye may take ale or Beere, and this medicine is good to heale a Bile, Whilo, or Vncome.

An easie purgation.

Take a pinte of white wine, and one ounce of Sheene, and a good handfull of reasons of the Sunne, the stones being taken out, and halfe a spoonefull of Annisseedes, put all these into the sayd white wine a whole night, and the next morning boyle it to a draught, and so let the person drinke it blood warme, and yf you will

you

you may put thereunto three or foure rootes of Polypodium of the Oke

An eaſie purgacion.

Take two pound of Figges, and put them in a gallon of fine whot of Barly malte, put thereto two ounces of the powder of Licoras, and an ounce of Sugar: when the Figges are boyled, bray them small in a morter, and drawe them through a Strainar, and ſeeth it againe, and put thereto a pint of ſweet Oyle, and when it is well cooled, an ounce of Treakle of Andrea and ſo drinke it.

A playſter to be layed to the ſide that the Melt is in

Take a good quantitie of hetbe Wheate branne, as much Annyſeedes and beate them ſmall in a morter, and ſeeth them in Vinegar upon the fire till it be like a playſter, then put it in a linnen bagge of fine Canabrick cloth, and bind it faſtfull upon the ſide that is ſore, and when thy ſide is well, take it away, and ſeeth it againe, and bind it to the ſide where the ſore is, and vſe it ſtaie, and in the mornyng when thou ryſeſt then waſhe the ſide with his owne water and drinke againe, vſe this three or foure nyghtes.

For the Morphew.

Take a red Docke roote and ſcrape the barke, and when it is barke lay it in Vinegar till it be ſoft, and then ſtampe it and lay it upon the Morphew, and it will take away the ſame, and it helpeth.

A medi-

A medicine for the Morphewe.

Take the iuice of Salendine, and mingle it with powder of Brimestone, and lay it where the Morphewe is all colde.

For the Morphewe white or black.

Take Betanie, Hartlonge, Sage, Plantine, red Fennell, Sanet halfe a handfull of the leaues of Centorie an ounce, and still these, and drinke euerye day fasting thereof foure spoonefulles, and walke a houre after upon it.

A water to cleanse the mouth and fasten the teeth.

Take Sage, and Rosemarie leaues, of each a handfull & good quantitie of honey, a peece of Allome as big as a good Walnut, boyle all these together in a quarte of running water in a pipe, and washe the mouth with it three times in the day.

For to destroy a ring worme.

Take a red Docke roote, and let the roote bee pared, and when it is pared lay it in Vineger till it be well soaked, then rub it well upon the ringworme, and it will destroy it.

A medicine

A medicine for the palſey.

Take Lauender, Speeke, and Sage, and ſtill them, & drinke thereof a good quantity euery morning, being warme, eyther in Ale or otherwiſe. Take alſo Sage, and Betonie, and put them betweene two diſhes, vpon a chafindiſh of coles, and ſprinckle them with good Malmeſye, and ſo applye them warme to the nape of the necke and the wreſtes of the hands.

A medicine for the piles.

Take the beardes of the heades of vnſet Leekes, and waſh them cleane, and take a quantitye of running water, and ſeeth them therein till they be ſome what tender, then dryue them well in a linnen cloth, ſtampe them as ſmall as you can, then take a good peece of freſh butter, and boyle them therein, vpon a chafingdiſh of coles, and put in a good quantitye of Engliſhe Saffron, and boyle them together, and when it is well boyled, ſtraine it through a fayre cloth into a glaſſe, and keepe it, and when you will occuppe it, and make a playſter thereof vppon a linnen cloth, and lay it colde to the greeſe.

To ſtanch bleeding of the piles.

DRinke the iuice of Milfoyle, for that is proued, alſo doe thereunto the powder of brunt Garlicke and the piles ſhall dye.

To deſtroy the piles

TAke oyle of roſes, and Frankenſence, and Hony, and make an oyntment of them, and put it in with the finger into the fundament, and put thereunto Mirre, and often annoint the fundament therewith, and let the bleth thereof goe vp into the fundament.

A true medicine for the piles.

TAke blacke wooll and blacke Sope and bynde it thereto.

To make a salue to bring woundes that rancle and ake into their owne kind, & seace the burning and aching.

TAke the iuice of Smalledge, and of Plantine lyke much, take Hony & the white of an egge like muche, and put to them bulted flower of Wheate, and stirr them well together vntill they be thicke, and let it come neere no fyre, but all colde and rawe lay it to the sore, and it shall clense the wound and cease the aching, and bryng it to his kinde and heale the wound fayre, for this is a principall salue.

For a wound that is ouer healed and sore vnderneth.

TAke Barly meale, the white of an egge, and Honye, and meddle them together, and make a playster therwith and applye it to the sore, and it helpeth.

A playster for a greene wounde.

TAke flower and milke, and seeth them together till it be thicke, then take the white of an egge and beate them together, & lay it to the wound, and it will keepe it from ranckling.

To make Milonitret, to cure any greene wounde or vncome, or others, whatsoeuer they be.

FIrst take two pound of Rosom, halfe a pound of waxe halfe a pounde of Frankensence, a quarterne of a pound of Sheepes sewet clarified, put them into a fayre panne, then take a pottle of the iuice of Millonet, boyle these aforesayd stuffe with a soft fyre till they be molten, and stirre them a prety while, then put thereunto the iuice of your Millonet, and stirr them till they bee colde,

and

and let them ſtand a daye or two, then melt it againe with a ſoft fire, and when it is molten, put thereunto a pint of red Wine and ſtirre it till it be colo that you may worke it with your hand and make it vp in roles.

A water to cure all manner wounds and ſores, be they neuer ſo ſore and ſtincking, and all manner of cankers in the noſe, mouth, throte, or wherſouer.

TAke a handfull of red Sage, a handfull of Sallendin and as much of Woodbine flowres, with the leaues, take a gallen of running water, and put the herbes in it and let them boyle to a pottle, then ſtraine them through a ſtrainer, and take the licour and ſett it ouer the fyre againe, then put thereunto a pint of Engliſh Hony a good handfull of roch Alom, finely beaten, a penniworth of Graines, groſely bruſed, and let them boyle altogether, iii. or iiii. walmes, and then let the ſcomme be taken off with a fether, and when it is colde, put it in an earthen pot or bottle, ſo as it may be kept cloſe, and for a greene wound, take of thinneſt of the ſame water, & for an olde ſore of the thickeſt, the water being firſt well ſhaken together: & after that you haue cleanſed the olde ſore with white wine take a quantitye of fine lint, and the ſame being well wette in the ſayd water, doe you therewith often times bath your wounde, and with the ſayde lint in the ende couer the wound, and if there be any holes in the ſayd wound fill them with lint, made tent wiſe, and ſo after couer the whole wounde with a peece of a bladder, the more better to continue your lint in moyſture, dreſſe your wound twiſe a day, in the morning and in the euening, and it helpeth.

A medicine or drinke for him that is burſt in the belly or cods.

TAke a knucle of Veale, a pottle of white wine, halfe an ounce of Mase, halfe so many Dates, halfe a pound of reasons of the Sunne, a handfull of Cumfry, a handfull of Polipodium, *alias* Fearne of an Oke, a handfull of Sparoking *alias* Knotwort, take all these and put them in an earthen pot, and set on a Kettle of water of fiue gallons and set the earthen pot in the water, and stoppe it with paste very close, and let the Kettle be kept seething fiue or sixe houres with the earthen pot therein, and kepe the Kittle still full with other seething water, then take all these and beate them in a morter, and straine it, and giue the patient of the licoure thereof both first and last.

For the toote ache

TAke a pint of white wine, halfe a handfull of Lauender Cotten, and seeth them together till the wine be holfe spent, then put into it halfe a spoonefull of bay salt, then let it seeth a littel, then take a spoonefull of that licoure and put it in that side that the payne is in, and keepe it in thy mouth, and then put an other spoonefull one so one after another, and it will helpe thee.

A good drinke to put out the small poxe or pimples.

MAke a posset of Ale with Milke and the curd being taken vp, take, take red Fenell the quantitye of a spoonefull, and the same being sod together with the Ale straine it and put thereto the quantitye of a Nutmeg, of fine Treacle, a quantity of Setwall, and a quantitye of English Saffron, being well mingled together, & giue it the patient to drinke warme.

A present remedy for an Ague.

TAke two ounces of bay salt, two ounces of white Frankenscence, and a handfull of Smallage, beaten altogether, and lay it to the wrestes of your handes and to the boughts of your armes, two houres before the fit

A remedy againſt the plague was ſent to the Lord Mayre of London from King Henry the eyght.

TAke a handfull of Sage, a handfull of herbe Grace, a handfull of Elder leaues, a handfull of red Bramble leaues, ſtampe them all, and ſtraine them through a fine cloth with a quart of white wine, and then take a quantitye of Ginger, and mingle them together, and ſo take a ſpoonefull of the ſame and you ſhall bee ſafe for xviiii. dayes, and ſo being nine times taken ſhal be ſufficient for all the whole yeere by the grace of God. And if it be ſo that the party be ſtriken with the plague before he hath dronke of this medicine, then take the water of Scabious a ſpoonefull, and water of Betonie a ſpoonefull, and a quantitye of fine Treacle, and put them altogether, and cauſe him to drinke it, and it ſhall put out all the venom. If it fortune the botch to appeare, then take the leaues of Brambles, Elder leaues, Pulſerd ſeede, & ſtampe them altogether, and make a playſter thereof, and lay it to the ſore, and it ſhall drawe out the venome, and the party ſhall be whole by the grace of God.

Another for the ſame.

TAke a handfull of Sorrell, a handfull of Burnet, a handfull of Sage, a quantity of Dragones, as much of the croppes as of the rootes, then waſh them all well and put them in a pottle of running water, and ſeethe them to a quart: then ſet them by the fire, and ſtraine them through a linnen cloth, and put in ſome Suger Candie to delay the bitterneſſe of the herbes, and giue the patient to drinke nine ſpoonefulles at one time before the purples doe appeare, and if the botch doe ariſe and breake he ſhall liue: proued.

To cauſe one to ſleepe.

Take a spoonefull of pure Rose water, as much of vineger, two spoonefulles of the oyle of roses, halfe a handfull of rose leaues made in powder, mingle them altogether, and take croomes of leuened bread made of Wheate, and make a playster thereof, and lay it ouer the forehead and temples.

For a sore throte.

Take Columbines and Sinckfoile, and stampe them both together, and straine them with milke, & drinke it very warme.

For the hickop.

Take oyle of Lillies, and annoint the sickmans body sundry times.

For a Canker in the mouth.

Take a flower deluse roote, wash it and slice it, and a fewe leaues of Penie royall, lay them in steepe in Conduit water, and so wash your mouth with the Water.

For a laste.

Take an Egge, and *Aqua composita*, and boyle it with the Egge till it be drie, then take Sinnamum and Suger, and eate with the Egge.

A medicine verye precious called Flos vnguentorum, good for all manner of maladies, that is to vvite, against all sores, and vvounds, against all manner inpostumes in the head, or bodye against headache, singing in the braine, or boyling in the heart, shrinking of Synevves, it drawveth out any thorne or broken bone, and all manner of ache out of the Liuer, Spline or Longs, it helpeth the Hemerodes, and is verye good to make a seare cloth for al goutes, aches, and pestilent botches, and therefore this trett is vvorthely called Flos vnguentorum.

Take Rosin and Perr, of eche halfe a pound, of virgin Wax & Frankinsence, of eche a quarter of a pound,

of

of maſticke an ounce, of Harts ſewet a quarter of a pound a quarter of a pound of Camſer, and two drames, melt that is to be melted, and pare that is to be pared, & ſearce it, boyle them ouer the fire, & ſtraine them through a cloth into a pottle of white wine, then boyle the wine with all the other medicines together then let it coole, till it be no hotter then blood warme, then put therevnto a quantitye of Turpentine, euer ſtirring it vntill it be colde: but euer beware that your ſtuffe be no hoter then bloud warme when you put to your Turpentine, or elſe it marreth all your ſtuffe, & make it vp in roles and kepe it to your vſe, and when you will occpie it, playſterwiſe to your greeſe.

To make the blacke ſalue, that cureth all olde ſores and vlcers, be they neuer ſo great, foule, and ſtincking

Take a gallon of ſtale Ale being very ſtrong, two hand fulles of Woodbin leues, half a handful of red ſeeded Nettles, as muche Colwoyts with the ragged leues halfe a pound of redd Dnions, halfe a pound of Garlike pilled, a pound of vnſet Leekes, a little diſhfull or a handfull of the powder of a rotten poſt, of an Oke is beſt, let all theſe be ſtamped ſmall in a morter ſeuerally by them ſelues, put them into the ale with halfe a pounde of roch Alom, then ſet them ouer a ſoft fire and let them boyle till the one part or more be boyled away, then let them ſtand three or foure dayes, but firſt ſtraine them through a cleane cloth into a cleane veſſell, then put to them halfe a pound of Wax, halfe a pound of Roſin, halfe a pounde of the Naruil that is greene aquantitye of ſtone Pony, then ſet it ouer a ſoft fire againe and let thē boile till the one halfe be conſumed, then put it into a cleane earthen pot, and ſtop it very cloſe & vſe thereof when you haue occaſion.

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White, and Thomas

Man.